

Smith Senior Center — OCTOBER 2015

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><u>A.H.O.Y.</u></div><div>Smith Senior Center M, T, W, Th, S W 9:15 am 5:30 pm</div><div>Lewis Center M, W, F 9:15 am</div><div>Leonard Center M, W, F 10:30 am</div><div>Brown Center Tu, Th 9:15 am</div><div>Peeler Center Tu, Th 10:30 am</div><div>Griffin Center Tu, Th, S 10:30 am</div><div>Lindley Center Tu, Th 2:15 pm</div></div>							<div><div>1 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 1</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 ‘Spite & Malice’ Cards Rm 1</div><div>10:00 Legal Services* Rm 2</div><div>11:00 Water Aerobics* Pool</div><div>1:00 NEW! Photography Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Core & More Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>2 9:00 Selma Trip Sign-ups</div><div>9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>12:00 “Booked for Lunch”Club Rm 1</div><div>5:00 Table Tennis Gym</div></div>	<div><div>3 7:00 - 11:00 Community Yard Sale</div><div>9:15 AHOY Gym</div></div>			
<div><div>4 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon</div></div>	<div><div>5 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:30 Intro to Yoga Rm 2</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Art Class for Seniors* Rm 2</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div></div>	<div><div>7 8:15 Water Aerobics* Pool</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Birthday Potluck & Bingo Rm 1</div><div>11:30 Chair Yoga Gym</div><div>1:00 Matter of Balance Class* Rm 2</div><div>1:30 Quilting Class* Rm 1</div><div>2:00 Senior Swim Pool</div><div>3:30 Beginner Quilting Class* Rm 1</div><div>5:30 Full Body/Strength Class Rm 2</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>7 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Hiking Club Qualifying Co. Park</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Quilting Club Rm 1</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>8 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 Disaster Preparedness Rm 1</div><div>10:00 ‘Spite & Malice’ Cards Rm 2</div><div>11:00 Water Aerobics* Pool</div><div>1:00 Photography Class* Rm 2</div><div>1:30 Osteoporosis Group Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:30 Core & More Class Rm 2</div></div>	<div><div>9 9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Shuffleboard/Cornhole Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>12:00 - 3:00 Fall Fun Day* Country Park Shelter #1</div><div>5:00 Table Tennis Gym</div></div>	<div><div>10 9:15 AHOY Gym</div><div>8:00 Greensboro Social Dance— Lewis Rec. Center</div></div>						
<div><div>11 *Registration Required</div></div>	<div><div>12 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:30 Intro to Yoga Rm 2</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Art Class for Seniors* Rm 2</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>13 8:15 Water Aerobics* Pool</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>1:00 Matter of Balance Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>3:30 Beginner Quilting Class* Rm 1</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>14 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Healthrhythms Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 - 12:00 Flu Shots Lounge</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Quilting Club Rm 1</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div><div>6:00 Hearing Loss Group Rm 1</div></div>	<div><div>15 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 Medicare for 2016 Rm 2</div><div>10:00 ‘Spite & Malice’ Cards Lounge</div><div>11:00 Water Aerobics* Pool</div><div>12:00 Home Maint. Habits* Rm 1</div><div>1:00 Photography Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Core & More Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>16 9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>1:00 Movie: “When the Game Stands Tall” Rm 1</div><div>5:00 Table Tennis Rm 2</div><div>7:00 - 10:00 Fall Dance</div></div>	<div><div>17 9:15 AHOY Gym</div></div>						
<div><div>18</div></div>	<div><div>19 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:30 Intro to Yoga Rm 2</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Art Class for Seniors* Rm 2</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>20 8:00 Trip to State Fair* Bus</div><div>8:15 Water Aerobics* Pool</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>1:00 Quilting Class* Rm 1</div><div>1:00 Matter of Balance Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>3:30 Beginner Quilting Class* Rm 1</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Caregiver Support Group Rm 2</div></div>	<div><div>21 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Nutrition for Good Health Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Quilting Club Rm 1</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>22 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 ‘Spite & Malice’ Cards Rm 2</div><div>11:00 Water Aerobics* Pool</div><div>1:00 Photography Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Core & More Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>23 9:15 Chair Yoga Gym</div><div>10:00 Canning Lid Pumpkins* Rm 1</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>5:00 Table Tennis Gym</div></div>	<div><div>24 9:15 AHOY Gym</div></div>						
<div><div>25</div></div>	<div><div>26 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Art Class for Seniors* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>27 8:15 Water Aerobics* Pool</div><div>9:00 Trip to Boone* Bus</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>1:00 Quilting Class* Rm 1</div><div>1:00 Matter of Balance Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>3:30 Beginner Quilting Class* Rm 1</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>28 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Healthrhythms Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 BP & Glucose Checks Lounge</div><div>11:30 Aqua Fit Class* Pool</div><div>1:00 Quilting Club Rm 1</div><div>2:00 Senior Swim Pool</div><div>4:30 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>29 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 Cardio Sculpt Class Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 ‘Spite & Malice’ Cards Rm 2</div><div>11:00 Water Aerobics* Pool</div><div>1:00 Photography Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Core & More Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>30 9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>5:00 Table Tennis Gym</div></div>	<div><div>31 9:15 AHOY Gym</div></div>						